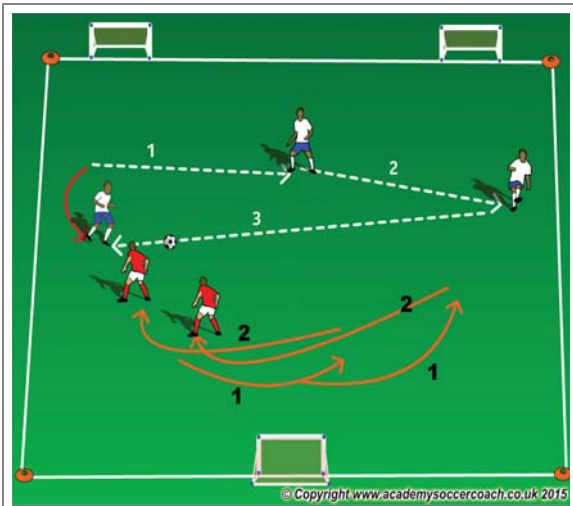


Season Fall 2015 Team/Age Group U10 Week 9

Topic Small Group Defending

Objectives 5W's

To improve the player and team's ability to defend in groups of 2 and 3:
WHO: All players who are close to the ball at the transition moment from attacking to defending - **WHAT:** Techniques involved in defending close to the ball - **WHY:** To improve the team's ability to be more effective at winning the ball back - **WHERE:** In the area around the ball



1. WARM UP

Duration: Intensity: Intervals: Activity Time: Recovery Time:

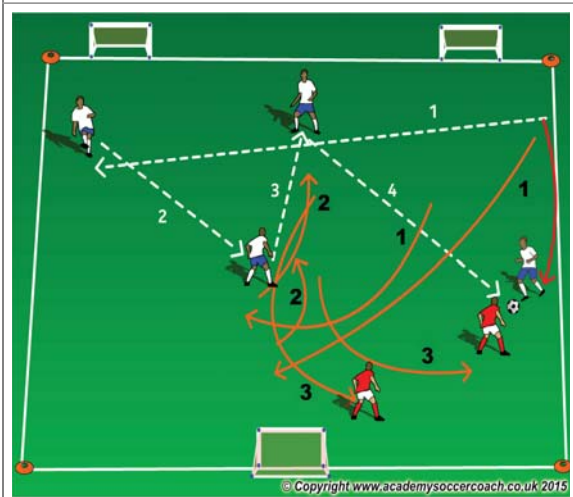
ORGANIZATION - (Physical Environment / Equipment / Players)

3v2 to GOAL with 2 COUNTER GOALS:

In a 20Wx30L yard grid with a goal at one end and 2 counter goals at the other end, play a 3v2 game. The team of 2 attack the 2 counter goals and the team of 3, the single goal. The team of 3 will try to pass and combine to beat the 2 defenders, they cannot dribble past the defenders. The two defenders can intercept passes, shots or bad touches by attackers. If the defending team wins the ball, they try to score on either counter goal. Games last for 1 minute or until the team of 2 gives up a goal. After 2 rounds, rotate the 2 defenders.

COACHING POINTS / KEY CONCEPTS

- Technique of pressuring defender: angle and speed of approach, timing of approach and body shape while pressuring the ball, tackling
- Technique of covering defender: angle and speed of cover, timing of approach, distance from the pressuring defender
- Tactics: Pressure, Cover, Delay, Control & Restraint



2. SMALL SIDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

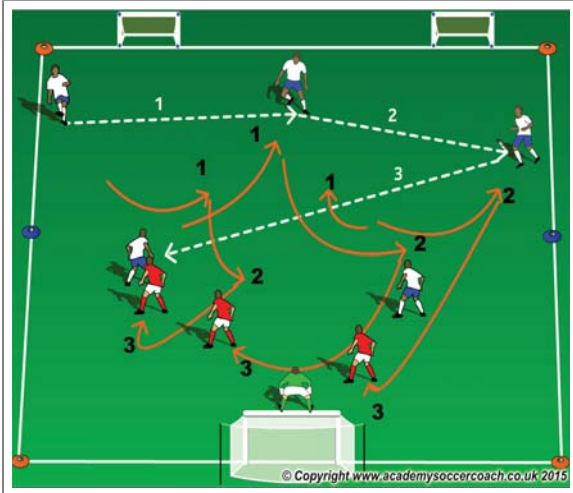
ORGANIZATION - (Physical Environment / Equipment / Players)

4v2 to GOAL with 2 COUNTER GOALS:

In a 25Wx40L, play 4 attackers vs 2 defenders. The team of 4 attacks the single goal and the team of 2 attacks the 2 counter goals. Coach can introduce the off side rule if their league enforces it. The team of 2 work together to win the ball back.

COACHING POINTS / KEY CONCEPTS

- Technique of pressuring defender: angle and speed of approach, timing of approach and body shape while pressuring the ball, tackling the ball
- Technique of covering defender: angle and speed of cover, timing of approach, distance from the pressuring defender
- Tactics: Pressure, Cover, Delay, Control, Restraint, when to pressure, when to cover, when to tackle



3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

5v4 to a BIG GOAL with 2 COUNTER GOALS:

In a 40Wx50L field with a big goal at one end and 2 counter goals at the other, play a 5v4 game. The team of 5 will play a 0-1-2-2 and attack the big goal while the team of 4 will play a 1-2-1-0 and attack the 2 counter goals. The team of 4 cannot allow any goals but can score all they want. The team of 5 is trying to score 1 goal. The game will last for 4 minutes or until the team of 4 allows a goal. At the end of each round, rotate the players onto the team of 4.

COACHING POINTS / KEY CONCEPTS

- Technique of defending: Angle and speed of movement for defenders, tackling the ball
- Tactics: Pressure, Cover, Delay, Control, Restraint and Balance, when to pressure, when to cover, when to tackle the ball, timing of movement and body shape in relation to the location of the ball

4. GAME **6v6** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION In a 40Wx60L Field, play a 6v6 game. Red team will play a 1-1-2-2 and the White team will play a 1-2-1-2.

COACHING POINTS / KEY CONCEPTS Encourage players to work together to defend and regain possession of the ball as soon as possible after losing possession.